

THE GAMBLING HARM MEASURE (Gooding et al., 2025a, 2025b)

In the past 12 MONTHS...	Yes	No	
1. ... has gambling led you to prioritise or put gambling ahead of other important financial commitments? <i>For example, has your gambling reduced money available to pay bills or buy household supplies?</i>			
2. ... have you experienced any financial pressures due to your gambling? <i>For example, have you been building up debt; found it hard to pay bills; had to borrow money; or taken on extra work to finance gambling?</i>		Skip to 4	
3. ... have you experienced any serious financial consequences because of your gambling? <i>For example, have you had to sell important assets; been unable to pay rent or meet essential daily expenses; had utilities disconnected; lost your home; or filed for bankruptcy?</i>			
4. ... have you felt guilty or worried about the time or money you are spending gambling or become preoccupied with gambling?			
5. ... have you experienced any psychological strain due to your gambling? <i>For example, have you felt like you've lost control of things; become quite distressed or unhappy; or felt like a failure?</i>		Skip to 7	
6. ... have you experienced any serious psychological consequences due to your gambling? <i>For example, have you become severely depressed or suicidal; developed panic attacks; or needed to seek treatment?</i>			
7. ... have you put gambling ahead of commitments with family, friends or your partner?			
8. ... have you experienced any strain in your relationships due to your gambling? <i>For example, has your gambling led to arguments; having to hide your gambling; or resulted in reduced contact with others?</i>		Skip to 10	
9. ... have you experienced any serious relationship consequences because of your gambling? <i>For example, have you lost friends or family; experienced separation or divorce; or engaged in physically violent arguments?</i>			
10. ... have you prioritised or put gambling ahead of your physical health? <i>For example, has gambling caused you to not get enough sleep; eat more unhealthy food; or exercise less?</i>			
11. ... has your physical health declined due to your gambling? <i>For example, has gambling led to excessive smoking or drinking; problems sleeping; eating mostly unhealthy food; not getting any exercise; or missing important health appointments?</i>		Skip to 13	
12. ... have you experienced any serious physical health consequences due to your gambling? <i>For example, has gambling led to a significant worsening of any existing physical health problem; caused any accidents, injuries or physical illnesses; or resulted in you going to hospital or seeking physical health treatment?</i>			
13. ... have you prioritised or put gambling ahead of your work or school commitments? <i>For example, have you gambled when you knew you had work or study OR have you gambled while at work or school?</i>			
14. ... have you experienced any work or study-related pressures due to your gambling? <i>For example, has gambling led to poorer performance at work or school; less attendance; or conflicts?</i>		Skip to 16	
15. ... have you experienced any serious work or study consequences due to your gambling? <i>For example, has gambling led you to being reprimanded or demoted at work; lose a job; fail courses; or drop out of school?</i>			
16. ... have you done anything illegal due to your gambling? <i>For example, have you stolen money, committed fraud or embezzlement, etc.? This is regardless of whether you were charged.</i>			
TOTAL (Total = number of yes responses[0-16])			
Descriptive Ranges	MILD 1–6	HIGH 7–13	SEVERE 14+